

# HIDDEN SUGARS

Name: \_\_\_\_\_

☐ = 1 teaspoon sugar	
Food	Sugar Content in Cubes*
<b>Soda</b> 12 oz. can 	☐☐☐☐☐☐☐☐☐☐ 10
<b>Kool-aid</b> 12 oz. glass 	☐☐☐☐☐☐☐☐☐ 9
<b>Fruit Punch</b> 12 oz. Glass 	☐☐☐☐☐☐☐☐☐☐ 11
<b>Orange Tang</b> 12 oz. glass 	☐☐☐☐☐☐☐☐☐☐ 11
<b>Honey or Corn Syrup</b> 1 Ounce 	☐☐☐☐☐☐☐☐ 8
<b>Jello Dessert</b> _ cup Jello 	☐☐☐☐ 4
<b>Hard Candy</b> 5 pieces/1oz. 	☐☐☐☐☐☐ 6
<b>Sugared Cereal</b> 1 _ Cup 	☐☐☐☐☐☐☐☐☐☐ 10
<b>Jelly</b> 1 Ounce 	☐☐☐☐☐☐ 6
<b>Canned Fruit w/Heavy Syrup</b> 1 Cup 	☐☐☐☐☐☐☐☐☐☐ 11

Which of these foods do you eat or drink a lot?

What can you do to reduce the amount of sugar in your foods?

